

A Solstice Journey In The Imaginal

Thursday 20 June 9:20pm

the solstice is at 9:51pm

Before the meeting please find your amulet...

...not to worry if it has disappeared (they have the power to draw you to the portal and have been known to spontaneously return unexpectedly to their origin)



...and, with the help of the video here

<https://samatha.org/portal>

become familiar with the site of the Greenstreete
Imaginal Portal

Location in <https://what3words.com>

is

path.pencil.irony

Here's what to do at 9:20pm on Thursday 20 June

If possible be outside in a garden or somewhere in the natural world - high on a hill is good but an open window in a room will do...

Sit comfortably with your amulet in hand if possible but not to worry if it has disappeared (they have the power to draw you to the portal and have been known to spontaneously return unexpectedly to their origin).

Now, close your eyes.

Become aware of the Earth and your body's connection to it.

Be aware of our Sun and beyond our Sun all worlds and beyond all worlds to the highest.

Continues...



Now...

Become aware of the place of the portal at Greenstreete.

Join the circle of your fellows gathered around it's centre.

For 20 minutes or so do a practice of whatever kind you wish - Metta practice, Jhana practice, Arupa practice - whatever comes. You may wish to use the lengths of breath to allow a fluid gliding back and forth between the rupa and arupa stages. E.g. flitting between the longest of settling (1st rupa Jhana) and the longest of the arupa of infinite space. Finish the practice by developing metta to yourself, then let it spread to the others in the circle and finally let it spread out in all directions to all beings as far as it will go.

Continues...

And Now...

Let yourself enter the realms of the Imaginal at Greenstreete.

Be aware of the axes centred on the middle of the portal - north-south; east-west; above-below.

Be aware of the four directions. Have a sense of earth below and sky above.

Be open to the axes converging both within the space and within you.

Be aware of the space within the circle and the space all around stretching through the landscape and beyond.

Become aware of your fellow travellers to the Imaginal realm and acknowledge them.

Be aware of the amulet you hold and the similar amulets held by each of your fellows in the circle.

Give your attention to the centre where the axes converge.

Let there be an intention to let go into whatever may come...

Allow yourself to contact imaginal realms...

perhaps there is an entrance leading into or out from the centre of circle...

perhaps there is a peculiar flicker or sensation at the edges of your perception or within your body...

perhaps there is a guide beckoning you...

into the company of Devas or the Wild hunt
into a transformed landscape,
into the realms of the beings of
Earth
Water
Fire
Air
Space
of faery
of the Dragon

Let go and explore where it leads - interact with whatever and whoever you may encounter..

Continues...

To Finish

Return to the place where you sit.

Acknowledge the others in the circle. Let go of the portal and the space around by reciting the following to yourself:

'May all beings within and beyond this space be well and happy. May this place remain protected.

I now leave this space and let it become seamless with the landscape until it is needed again.'

Turn out from the circle and return to the here and now by establishing contact with the ground and noting your immediate surroundings.

Recollect your journey making a record of it in whatever way feels appropriate.